

STUDENT NAME:
DATE:

CLASS PERIOD:

This is your 1st STUDY GUIDE so please study!!! The test will be worth 100 points. Remember to look for the SECRET TEST questions on the P.E. Class Web site.

1. Please list **YOUR P.E.** student number. This is the number you use to locate your grade in P.E. class.
2. Why do you warm-up playing games **FIRST - THEN STRETCH?** (**This answer is NOT in the word bank**)
3. When standing up & **MOVING** your heel **TOWARD** your gluteus maximus, **WHAT** muscle are **YOU USING?**
 - (A) **Your Biceps Femoris**
 - (B) **Your Gluteus Maximus**
 - (C) **Your Vastus Medallis**
 - (D) **Your Anterior Tibialis**
4. The **NUMBER** of yards for our timed run is _____ .
5. When **laying in the hurdler position** on your gluteus maximus **WHAT** muscle are you stretching?
 - (A) **Your Biceps Femoris**
 - (B) **Your Gluteus Maximus**
 - (C) **Your Vastus Lateralis**
 - (D) **Your Anterior Tibialis**
6. **WHAT MUSCLE** enables you to tap your toes on the ground?
 - (A) **Your Biceps Femoris**
 - (B) **Your Gluteus Maximus**
 - (C) **Your Vastus Lateralis**
 - (D) **Your Anterior Tibialis**
7. **WHAT** is the **FEMALE P.E. TEACHERS** favorite professional football team?

8. **WHAT MUSCLE** is located on the **OUTSIDE PART** of you thy?
- (A) **Your Biceps Femoris**
 - (B) **Your Gluteus Maximus**
 - (C) **Your Vastus Lateralis**
 - (D) **Your Anterior Tibialis**
9. Name any [2] **MUSCLES** that are located in your **LEG**?
10. **WHAT** type of vehicle does the **MALE P.E. TEACHER** use to get to school?
11. **LIST 3** types of exercises that can help **YOU** lose calories?
12. **WHAT** is the name of the **FEMALE P.E. TEACHER'S** dog?
13. **WHAT** are the names of the **MALE P.E. TEACHER'S** dogs?
14. **WHAT [2] MUSCLES** are located in your **CALF REGION**?
- (A) **Your Gastoc & Your Soleus**
 - (B) **Your Vastus Lateralis & Your Recuts Abdomius**
 - (C) **Your Vastus Lateralis & Your Vastus Intermedius**
 - (D) **Your Anterior Tibialis & Your Gluteus Maximus**
15. **WHAT** is the **NAME** of the **PRINICIPAL**?
16. **WHAT** is the **NAME** of the **WALL** w/ Brett Farve?

17. **WHEN** the **INTERCOM** comes on what do you do?

18. **LIST [2]** online **VIDEO** games that you can **FIND ON THE PE WEB SITE?**

19. **WHAT** is the name of **stretch** that we do when sitting on our **gluteus maximus** ?

20. **SPELL** both your physical education teachers names?

- ***ON THE BACK OF THIS SHEET LIST SPELL ALL YOUR CLASSMATES NAME [10 extra pts.]***